



12-2020

## The Post Human: Pacific Humanities Scholars Newsletter (Fall 2020)

Pacific Humanities Scholars

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Issue #2

Fall 2020

# The Post Human

PACIFIC HUMANITIES SCHOLARS NEWSLETTER



*Welcoming the  
2020–21 Scholars*



*Delving into  
the Wilderness*



*Thoughts from the  
minds of Scholars*

LETTER FROM THE DIRECTOR

# Welcome!



I want to welcome you to our Fall 2020 edition of the Pacific Humanities Scholars Program newsletter! Nestled in these pages, you will find insightful reflections and creative contributions from our scholars, offering a glimpse of life and learning during one of the more extraordinary moments that higher education has faced in recent history.

Over the past several months, the COVID-19 pandemic has had the profound effect of leaving people from around the globe feeling isolated, dispersed, and disconnected. As a program premised on the concept and practice of *community*, PHS has also faced its share of challenges throughout the semester. For instance, as in years past, we were not able to make our trek to the Shakespeare Festival in Ashland, Oregon. Our excursions to and experiences with museums, symphonies, and operas have also been interrupted. And we had to forgo our traditional in-person gatherings like the autumn spaghetti dinner and holiday parties.

Nevertheless, our scholars have had to use strong imagination and find new ways to engage with each other and the world. Aside from the Zoom seminars, lectures, and online film screening parties, which have allowed us to explore the theme of “Into the Wild” in works such as Richard Powers’s novel *The Overstory* and Bong Joon-ho’s film *Okja*, we have had to reconceptualize and expand our sense of what community means. Taking this year’s theme as a starting point, for instance, we have addressed in serious and eco-critical terms what it means to inhabit and contribute (for better or worse) to the environmental conditions of the planet — how as individuals and smaller communities we have a significant ecological impact on others, human and non-human alike.

As you read through our newsletter, I believe it will become apparent that even in our quarantined, socially-distanced bubbles, of sorts, we have learned valuable lessons about both our experience with solitude and our connections to the rest of the world — to our past, present, and future, too. And finally, I am reminded of Orhan Pamuk’s 2006 Nobel prize lecture, “My Father’s Suitcase,” where he reflects upon the isolated, oftentimes alienated, work of the writer-scholar: “But once we have shut

ourselves away, we soon discover that we are not as alone as we thought.” He emphasizes how “We are in the company of the words of those who came before us, of other people’s stories, other people’s books — the thing we call tradition.”

I hope you enjoy this publication and find within it a sense of what Pamuk among others in the humanistic tradition envision as a broader sense of community and meaningful connection. \*

**Jeffrey Hole, Ph.D.**

Director of Pacific Humanities Scholars Program,  
Associate Professor of English  
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## LETTER FROM THE OUTREACH COORDINATOR

**Mackenzie Wieland**

2020–21 Outreach Coordinator

The Pacific Humanities Scholars Program is a collection of different people from different backgrounds, and yet we were all brought together to connect through the same discipline of the humanities. Community is at the heart of the program, so when the decision was made to go remote in March some major changes needed to be made, not only in the ways of teaching and learning, but in connectivity as well. We began to question: What could we do to bridge this new gap? How can we still stick together? And so, we came up with new ways to stay connected to one another despite being stuck at home: Discord channels, social media, brief zoom events, and end-of-semester care packages.

Creating the The Post Human newsletter is yet another way of staying connected. It's our way to showcase our incoming and outgoing scholars and their various projects, achievements, and thoughts. Not only is it a way to share with others in the Pacific community, this newsletter is a documentation of the students and the events that are happening alongside them.

Despite this, it's been a constant struggle to walk the fine line between A) wanting to stay connected through the screens of our phones and computers and B) needing to step away from said devices to take a break. I've kept in mind that there's an unspoken expectation that not many scholars will attend events due to limited mental capacity or a strenuous work load; however, the fact that we are still trying our best to reach out to them and have some kind of attendance — even if there is a single-digit amount of people with no video, no audio — means a lot in these uncertain times.

I am thankful for the scholars who were willing to share their aspirations, photography projects, artistic visions, and opinions on subjects that matter to them. Without them, there would be little to share. \*

### EDITORIAL TEAM

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**Jane Hwang**

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MAKING YOUR OWN PATH

# Self-Design Major

**Third year Scout Cooper-Wilson gives us the insider information about creating your own major.**

## **Why did you apply for the Pacific Humanities Scholars Program?**

I first read about the program on Pacific's website and was immediately interested as a way to meet like-minded people and pursue my interests outside the classroom. I actually applied to Pacific as a Media X major just so I would be eligible for the program!

## **What is your major? Could you describe it for us?**

My major is called Critical and Cultural Studies. It combines English, History, Anthropology, Sociology, and Media X to build an interdisciplinary understanding of human interaction. Prior to the coronavirus pandemic my plan was to spend this academic year studying Arabic and Middle Eastern culture in Jordan, with the intention of writing my capstone paper about women in the Middle East. My plans have now had to change, but luckily my degree path is very adaptable!



### **How did you know you wanted to design your own major?**

After my first semester, I knew that Media X wasn't for me, and spent a long time looking through Pacific's majors and their various requirements. I found myself interested in so many different majors and wasn't sure how to combine my interests. Luckily, Dr. Hole knew about self-designed majors and encouraged me to look into that option.

### **What goes into designing your own major? Who helped you?**

I couldn't have done it without Dr. Hole. He helped suggest what subject areas to include, drawing on specific strengths within Pacific's faculty. Pacific may not have the breadth of academic programs that larger institutions do, but there is a great depth in knowledge and perspectives available, which I was able to really take advantage of in my major. Dr. Hole encouraged me to take courses in economics, which I knew nothing about, and I loved so much that I'm now considering double majoring. I did have a lot of control over what ultimately went into my degree plan — self designed majors are interdisciplinary by design, so I was able to include all of the academic paths that I have a passion for. Critical Studies is a masters degree available at some universities, so we drew a lot of inspiration from some of those programs.

### **What would you say to someone else who was thinking about designing their own major?**

Don't be afraid of the uncertainty! I was hesitant to pursue this at first because of how uncharted the waters were, but the work necessary up front was absolutely worth it. I am so lucky to be able to take just about any course I find interesting which is a privilege I would not be afforded in most majors.

### **Anything else you'd like to add?**

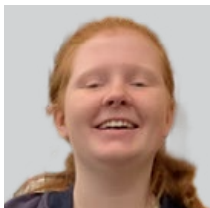
Even though my academic path isn't as clear as most, I've spent my time at Pacific getting to learn and think about so many different things and ideas, which is ultimately what I wanted in college. I would recommend a self-designed major for anyone who doesn't feel a spark with the majors offered at Pacific, and I'm always happy to answer questions about my experience! \*



THE NEXT GENERATION

# 2020 Scholars

The Pacific Humanities Scholars Program welcomes this year's cohort and their future endeavors with University of the Pacific.



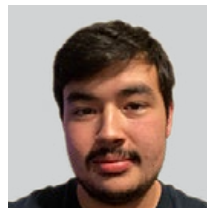
**ALYSSA BECK**

**Major:** Media X

**Hometown:** Gilroy, CA

**Interesting Fact:** My favorite music is alternative rock from the early 2000s.

**Why the Humanities?** Since I was little, I've loved stories. Whether they were told, movies, in songs, or personal ones, I loved them. I plan on becoming a film director, but before then, I would love to hear as many stories as I can. Being a Humanities Scholar can help that happen.



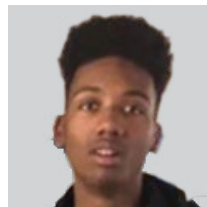
**TREY COTNER**

**Major:** Media X

**Hometown:** San Diego, CA

**Interesting Fact:** I like to follow recipes to recreate food from TV shows and movies.

**Why the Humanities?** I've chosen to explore the Humanities to learn about something new. I didn't want to rule the Humanities out of a potential area of interest if I haven't taken the time to learn about it.



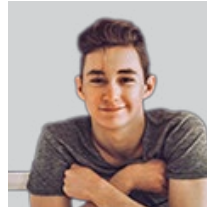
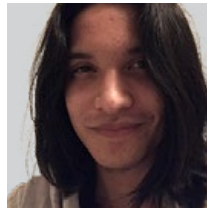
**MARCUS "HT" FLEMING**

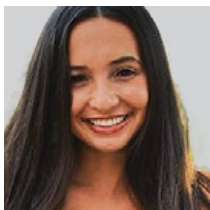
**Major:** Media X

**Hometown:** Suisun City, CA

**Interesting Fact:** I enjoy talking about philosophy, the Mongol empire, and rap / R&B.

**Why the Humanities?** I've always loved to tell stories.

**JANE HWANG****Major:** English**Hometown:** Ontario, CA**Interesting Fact:** My favorite book is *Little Women* by Louise May Alcott.**Why the Humanities?** I chose to follow and explore the humanities because the humanities' creativity varies and provides a lot of opportunities for not just careers, but also gaining more knowledge.**ALEXIS JOHNSON****Major:** Exploratory**Hometown:** Fair Oaks, CA**Interesting Fact:** I love traveling and would like to do more of it.**Why the Humanities:** I am interested in the Humanities because I wanted to meet new people who have the same interests in literature as I do. It is also an opportunity for me to learn how other people interpret texts and help me understand them on a deeper level.**CHRISTOPHER JONES****Major:** English**Hometown:** Jamestown, CA**Interesting Fact:** A hobby of mine is reading fictional novels, especially in the fantasy genre.**Why the Humanities:** I've always believed that text is the most intimate medium for the conveyance of thought.**JOSHUA KOHMANN****Major:** Psychology**Minor:** Philosophy**Hometown:** Columbus, OH**Interesting Fact:** My sixth great-grandfather, Joseph Fox, served with General Washington at Valley Forge.**Why the Humanities?** The humanities have been a huge part of my life. I worked in my high school's theatre department, and I currently play the piano, and appreciate the arts such as drawing, painting, and sculpture. I joined the Pacific Humanities Scholars Program so I could find people with similar interests and explore other parts of the humanities.**AIDAN LOW****Major:** English**Hometown:** Elk Grove, CA**Interesting Fact:** Twice a week, I wake up at around four in the morning and go running anywhere from 10–25 miles.**Why the Humanities?** I am intrigued by the methods by which people communicate their ideas between one another and I want to study how this process occurs and how such an exchange can be expedited.



### **SOPHIE PAZZO**

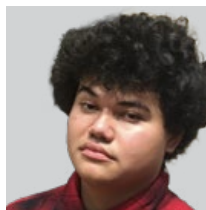
**Major:** Biology

**Minor:** English

**Hometown:** Tulsa, OK

**Interesting Fact:** I recently bought books that explore White privilege and racism. Although reading books about perspectives on race and inequality is not an immediate solution for healing the deep divides within our nation, it can help individuals to better understand the complexities of such issues and their role in helping America move into a truly just and equal future.

**Why the Humanities?** My love for science runs deep, but I believe that being well-read is also important to personal growth. Since I was a little girl, I have always been a voracious reader. I remember falling in love with literature when I first started reading the *Little House on The Prairie* series. People often describe me as a curious and creative person who isn't afraid to share my opinions; reading and writing has always helped me form and express these feelings. Although literature and science are usually considered to be two completely different fields of study, to me there is a correlation because they help me expand my knowledge and think more critically about my studies. As an aspiring physician or research scientist, I don't want to be taught what to think. Rather, I want to be taught how to think. Being a member of the Humanities Scholars program excites me because I believe the curriculum will better equip me to solve complex issues with compassion and empathy.



### **MATTHEW SANTOYO**

**Major:** Exploratory

**Hometown:** Pleasanton, CA

**Interesting Fact:** I played the clarinet for about seven years throughout my school life. It was an amazing experience that not only made me extremely interested in music, but also led me to become more social and make more relationships with my peers.

**Why the Humanities?** I have always been a Humanities person. My best subjects have always been in the humanities, such as english, history, and music. My mind has a habit of usually drifting off to think about discussions, such as the evolution of humanity, our society today, and why things are the way they are. I am glad to be part of a program that embraces and engages in these areas.



### **LORENZO SPACCARELLI**

**Major:** History

**Hometown:** Portland, OR

**Interesting Fact:** I love to travel and have been to over 40 countries.

**Why the Humanities?** I chose to follow the humanities because of my deep interest in history and literature, which developed due to my extensive travels.

**SARAH SOLORIO**

**Majors:** Bioengineering & Medical Humanities

**Hometown:** Sacramento, CA

**Interesting Fact:** I have played the cello for three years now and I am a huge travel enthusiast! I consider myself to be a very integrated hard worker because I always try to do the best of my abilities to accomplish my goal of becoming successful in the medical field.

**Why the Humanities:** I decided to go into the Humanities Program and double major in Medical Humanities because it is a field of medicine which includes the humanities, social science, and the arts and their application to medical education and practice. My goal to accomplish when I graduate is to become a successful biomedical engineer with the concentration of tissue engineering where I can work with doctors, therapists, and researchers to develop systems, equipment, and devices in order to solve clinical problems.

**JEWEL TURNER**

**Major:** Media X  
**Minor:** Computer Science

**Hometown:** Sacramento, CA

**Interesting Fact:** I play volleyball at Pacific, and I enjoy art.

**Why the Humanities?** I enjoy the arts in all of their many different forms. From painting to literature, I love creating and embracing different media and their messages.

**NAMORRAH WARD**

**Major:** English

**Hometown:** Sacramento, CA

**Interesting Fact:** I like plants and I make terrariums, which are glass containers (sealed or open) with living plants in them.

**Why the Humanities:** I have always enjoyed literature and the arts. But what fascinates me the most is how even fictional works are often a reflection of the author's societal or personal characteristics.

**CHLOE WONES**

**Major:** Media X

**Hometown:** Carnation, WA

**Interesting Fact:** Some of my hobbies are drawing and painting and embroidery. I'm trying to learn how to skateboard, but it's not going very well.

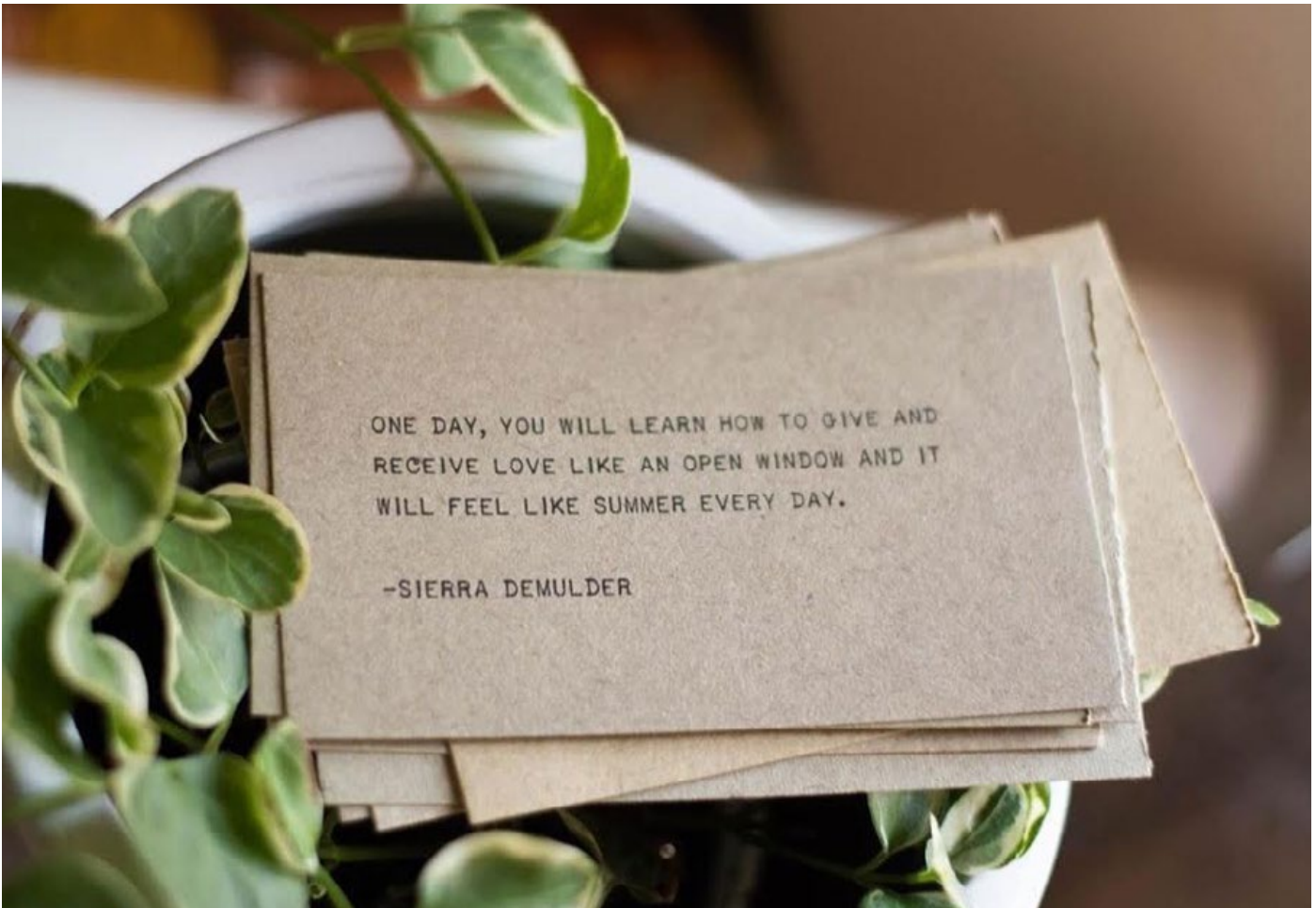
**Why the Humanities?** I chose to follow and explore the Humanities because I've always been interested in stories more than anything else, as well as creating things.



2020-21 THEME

# Into the Wild

We invited our scholars to contribute towards this year's topic as a way to connect with nature.



## carmel-by-the-sea 1

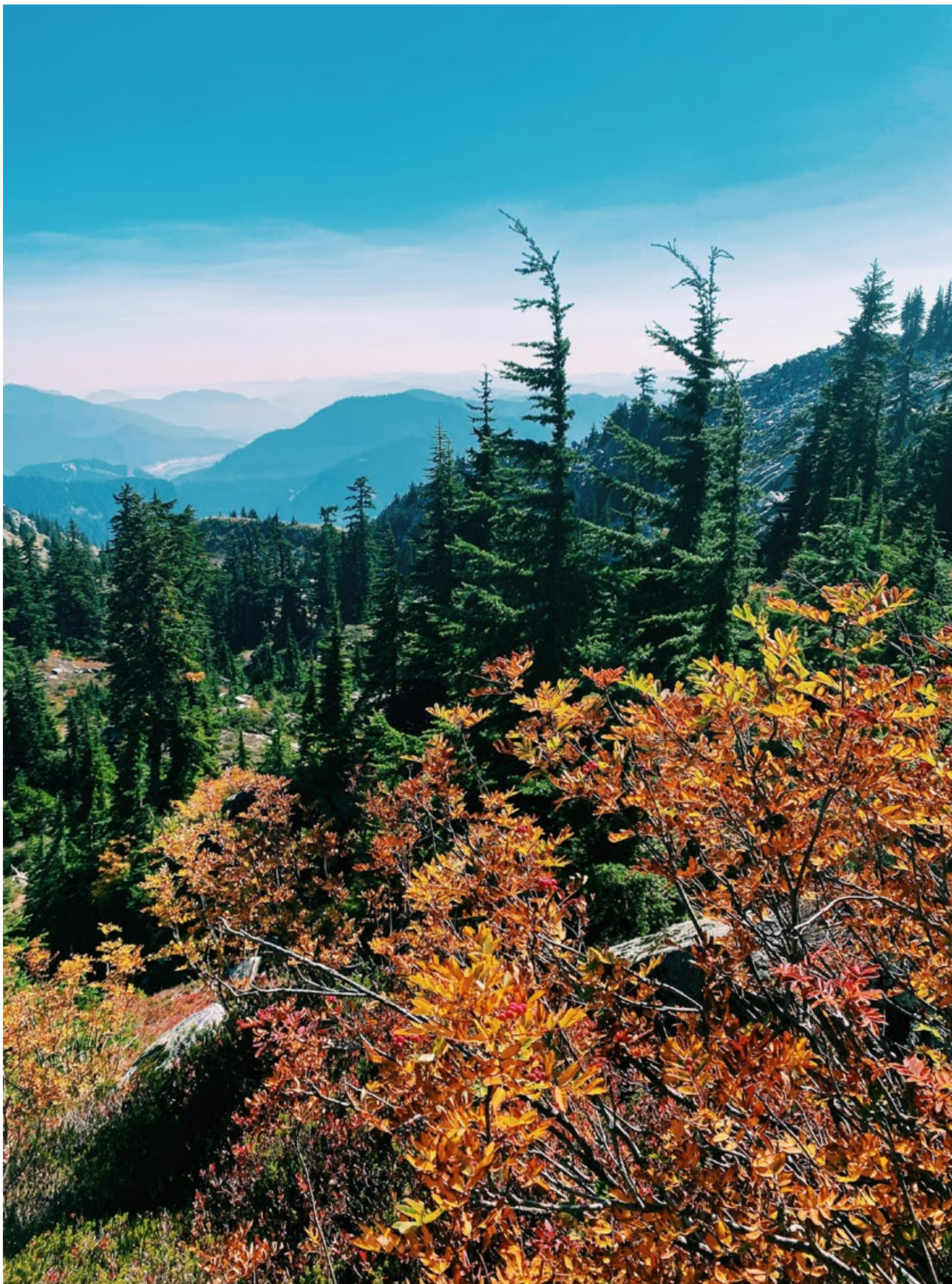
by Brooke Tran, '23



## **carmel-by-the-sea 2**

by Brooke Tran, '23





## **nature walk**

by Sophie Pazzo, '24

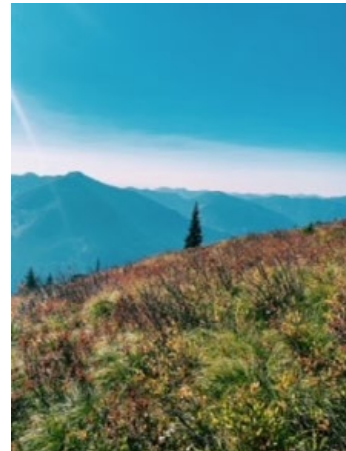
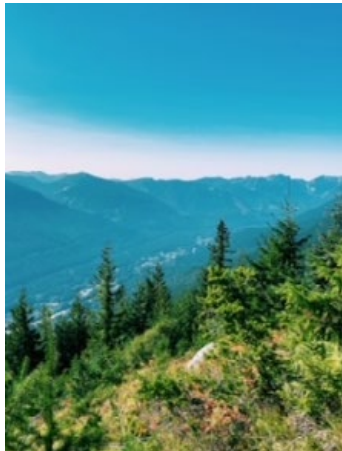
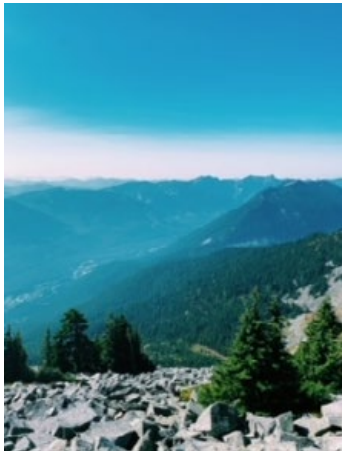
# Helia

by Angel Zhong, '23

Helia

I thank the Sun for lighting  
the precipice. I thank Her for  
the comfort of warmth, the  
challenge of heat. I think Her  
beautiful in summer—  
when dew glints at dawn.  
I think Her beautiful in fall—  
when light suffuses ambered  
leaves. I think Her beautiful in  
winter—knowing she, of all,  
is deserving of rest. I think Her  
beautiful in spring—when genesis  
casts its deliberate glow.  
I think Her beautiful in Eclipse:  
when love finds a way  
to silhouette the dark.





## **on the mountain three**

by Sophie Pazzo, '24



## wild(erness)

by Mackenzie Wieland, '21

Fall 2020 ✱ 17

# Zoom Exhaustion

In these times of being distanced and online, staying on top of e-learning tips and tricks are more important than ever.

## ZOOM EXHAUSTION AWARENESS

by Lorenzo Spaccarelli, '24

COVID has forced us all to make sacrifices. For college students like us, that sacrifice is a normal semester of in-person classes on campus. Instead, we students are forced to spend nearly all of our time in front of a screen, trying to effectively absorb information from professors and peers for hours on end. This has led to massive exhaustion on the part of both students and faculty at Pacific, and it is a continual struggle to stay aware and focused for hours on end.

As of mid-fall semester, Zoom has taken a huge part of our lives. Every class and extracurricular activity we have occurs over Zoom or a similar video conferencing app. We have been working primarily via Zoom for seven months now, and, if campus does not reopen in the spring, we could be on Zoom for seven more. But every hour we spend on Zoom takes a toll on our energy, far more than an in-person class would. Why is this? And what can we do to avoid this energy drain?

Zoom exhaustion or Zoom fatigue has several causes. First, there is the reduction or elimination of non-verbal communication. Understanding body

language via Zoom is nearly impossible, and reading facial expressions, especially when in gallery mode, is almost as difficult. However, your mind attempts to process these non-verbal messages anyway and largely fails, which drains your energy. Other minor details also frustrate and confuse the mind.

Seeing yourself speak on Zoom, along with the many accidental interruptions and delays that occur during a Zoom conversation, are mental struggles. As the group gets larger, Zoom simply becomes more tiresome.

So, what can you do about it? Good question. But the answer isn't as complicated as you might think. First, you should minimize the amount of time you spend in gallery mode. Gallery mode tells the brain to split its focus among all the people in the room, which leads to distraction and fatigue. Speaker mode focuses on the single person that you are speaking to, which not only is easier, but is also far more natural. After all, most conversations, even if they are occurring in a room full of people, are primarily between a couple of people. Speaker mode allows you to focus on a single person, the person who is most important in that moment.

Next, you should avoid the urge to multitask. 'Multitasking' just leads to distraction and confusion later when you refocus on Zoom. Incorporating breaks is also critical. For students, we don't have a ton of freedom to choose how much time we have in between classes, but even if you have only ten minutes, purposefully get up and move around a little or go grab a glass of water or a drink. This gives the brain a break from staring at a screen and helps rejuvenate you before the next Zoom call.

For now, we are stuck with this imperfect solution. But it is important to recognize the value of this amazing digital technology that we have. Without it, classes would be nearly impossible. We all must find ways to cope with the struggles of pandemic life and dealing with Zoom fatigue is a big part of that. \*



## THE UNIVERSITY'S EXPERIENCES WITH ZOOM FATIGUE

by Jane Hwang, '24

Ever since the beginning of quarantine and online classes in Spring 2020, students and professors have been experiencing a new form of exhaustion known as Zoom fatigue. According to Dr. Marlene Maheu, Co-Founder and President of the Coalition for Technology in Behavioral Science, in her article, "Zoom Fatigue: What You Can Do About It", Zoom fatigue is defined as copious amounts of stress and exhaustion that people feel after being in video meetings for a long period of time. Dr. Maheu states that the main causes of Zoom Fatigue are maintenance of good posture for the camera, lack of non-verbal gestures for indications, small screens, inability to temporarily leave for a break, and self-consciousness on voice and appearance over video chat.

As Pacific transitioned to an online learning format for the Spring and Fall semester of 2020, students and faculty had various experiences with Zoom, often new and unprecedented. Diego Paez, Psychology '22, believes his hectic school schedule has led to Zoom fatigue, affecting his ability to concentrate and his sleep schedule. "My concentration is not at work. Being in front of a screen for a long time doesn't help with sleeping because it keeps you from doing so," says Paez. "It's really hard to look at a screen and think or read because I get a lot of headaches, especially when I don't have blue light."

Paez also notes that he lacks motivation for completing school work, since the overload of virtual learning is "mentally draining." Additionally, with an increase of time spent on the internet, distractions are easy

to come by and can be more entertaining than the hours of school work.

Although Zoom fatigue has been affecting students across the board, many have come to enjoy the benefits of online learning. Kristel Tabzon, Philosophy '24, doesn't really mind having to do everything online because of two main reasons: pacing and mental health.

"I enjoy classes because I am able to go at my own pace. I've always been somewhat of an independent learner and being able to not rush while taking notes helps me take in a lot of the information with ease. I am also able to do my school work anywhere as long as I have internet access, this is useful whenever I have to travel." She also talks about how virtual classes have allowed her to manage her social anxiety. "The online classes have affected my mental health in a good way. I am in my own home and it is not mandatory to show my face in most of my classes which helps a lot with my social anxiety."

Professors at Pacific also have been dealing with the transition to virtual learning and spoke about their experiences. Dr. Matthew Normand, Chair of the Psychology Department at Pacific, discusses the difficulties of teaching online. He mentions how instructors "can do many things that they do in the classroom such as lecturing, assigning groups and homework, and answering students' questions, but it takes more planning and time to execute small classroom activities." For example, Dr. Normand says that with on-campus classes, it is easier for teachers to just stop class to arrange people into groups for projects. However, on Zoom, it takes more time to split people

into groups because teachers have to decide how many per breakout room, and if they want to have specific pairs, they must plan in advance. Teachers also lose the ability to hear everyone's thoughts and keep track of time. Dr. Normand also added that he experiences difficulty monitoring student activity with the virtual learning format. He must multitask by watching other students' screens, the chat box, and the waiting room to make sure no students are left behind.

On top of that, he adds that people might feel Zoom fatigue because of self-consciousness. "There's that little screen right in front of you where you're constantly seeing what you look like and the faces that you're making and you don't do that in a live meeting; you can just pay attention to other people without being self-conscious of what you're doing."

Even though being online for a long period of time can affect people mentally, there are some ways that people can lessen their exhaustion. These tips are provided by both students and faculty:

- Invest in blue light glasses or have a blue light screen
- Lessen the amount of screen time during the weekend
- Take a 15-minute break, whether it's simply walking or stretching
- Take a lunch break outside
- Find ways to be active, such as yoga or running
- Lower screen brightness \*



What is really at the heart of this aesthetic is the love of knowledge, and this knowledge must be translated into action.

by Liliana Lopez, '23

Dark academia has played such a role in my own life. While it is difficult to swear off fast fashion altogether, my increasing interest in this aesthetic has inspired me to learn to make my own clothes. I've borrowed





finally breaking  
in a painful  
pair of  
dr. martens



finding annotated  
classics at your  
favorite used  
book store



sitting in  
your usual spot  
at a busy  
café



visiting museums  
at the quietest  
hours of the  
evening



thrifting newly  
beloved  
turtlenecks  
& plaid pants



finishing a lengthy  
novel that's  
taken you ages  
to read

*"Societies never know it, but the war of  
an artist with his society is a lover's war,  
and he does, at his best, what lovers do,  
which is to reveal the beloved to himself  
and, with that revelation, to make  
freedom real."*

— James Baldwin

a sewing machine from my  
grandmother, and purchased  
fabric and a skirt pattern from  
the 1930s.

The aestheticism of it, however,  
is merely an afterthought. At  
its core, dark academia is a  
glorification of intellectuality, a  
deep and lifelong passion for  
knowledge. How is all of this  
relevant to Pacific Humanities  
Scholars, deeply immersed  
in the trenches of 2020? As  
students and lovers of learning,  
we were once that kid who  
would rather read a book than  
play, rather daydream than do  
chores (or am I the only one?).

That is what has made us  
Humanities Scholars. I hesitate  
to apply a label, some generic  
statement about "changing in  
the world," because that has  
been said too frequently. But  
we are preparing ourselves  
to enter professions that are  
contemplative, introspective.  
Are we not the ones who are  
even now analyzing the throes  
of humankind: its stories, its  
art, and its music? And these  
same professions will, if nothing  
else, be the very ones to show  
humanity the self-portrait  
it has created, and in doing  
so, create even the smallest  
increment of revelation amongst

ourselves and those around  
us. What is really at the heart  
of this aesthetic is the love of  
knowledge, and this knowledge  
must be translated into action.  
Just as the aesthetic appeal  
of dark academia may spur  
someone to make a change for  
the environment, the ideology,  
too, should spur us to make  
change on a larger scale,  
changes not only for ourselves,  
but for everyone who has come  
into our midst, and those who  
never will. \*

A GIFT FOR THE HOLIDAY SEASON

# Care Packages

Despite our distance, we are still committed to keeping the scholars of the program connected during the holiday season.

The main idea behind these care packages was to keep the connection between the Program and the scholars strong as well as keep our tradition of holiday-giving alive.

## Each care package contains:

- An 11 oz mug for the early mornings and late nights + candy canes for stirring
- A bookstore scented candle for remembering that one secondhand bookshop in Ashland, OR
- 2 buttons to show off your Humanities swag pride
- 5 Humanities centric die-cut stickers to stick on any surface
- The Official Humanities Scholars coloring book to help maintain your sanity during these stressful times









